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CARBONE COAL FIRED PIZZA PIES BAKED AT 850 DEGREES {page 15}

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SWOON
BOMBERS STILL IN FIRST BUT FACE QESTIONS
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$15
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WINNIPEG metro®
Tuesday, September 13, 2011
www.metronews.ca
News worth sharing.

Pink. Wheels

▶ Winnipeg's first ever woman firefighter and breast-cancer survivor Brenda Whitney, right, gets a hug from NDP candidate Sharon Blady as fellow candidate Erin Selby looks on at the unveiling of the Winnipeg Fire Department's breast-cancer-awareness campaign yesterday.

JAMES TURNER/METRO

Firefighters roll out breast-cancer campaign

In addition to a pink T-shirt campaign, the department also revealed a pink fire truck that will respond to fire calls and medical emergencies while raising awareness.

Fireworks fly during debate

Party leaders accuse each other of dishonesty Selinger goes on offensive

NDP leader Greg Selinger came out swinging in a leaders debate yesterday when he called a promise by Progressive Conservative Leader Hugh McFadyen "crazy" and occasionally interrupted him in mid-sentence.

The normally reserved Selinger, who is in his first campaign as party leader for the Oct. 4 provincial election, went on the offensive during the two-hour debate broadcast live on radio.

At one point, McFadyen said taxpayers must be protected in the NDP government's decision to build a $100-million emergency channel to reduce high water levels on Lake Manitoba and Lake St. Martin.

Selinger cut him off.

"Are you flip-flopping on that, just like everything else?" he asked.

"We support the building of the channel. I don't know why ..." McFadyen tried to continue.

"You've got to spend the money to build it. You can't have it both ways," Selinger interrupted again.

"Are you OK?" McFadyen asked.

"Are you OK? Are you OK?" Selinger fired back.

THE CANADIAN PRESS

"Only the leader of the Opposition will derail it with his crazy plan to put the Bipole down the east side."
GREG SELINGER ON TORY LEADER HUGH MCFADYEN'S PLAN TO REROUTE CONTROVERSIAL HYDRO PROJECT BIPOLE III

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Sgbokhari@hotmail.com

Approved by the official agent Syed Bokhari campaign

1 news

Astronomers say they've discovered a potentially livable planet. Only problem is the 50-degree heat. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web

Allan Small says that better leadership on the part of the U.S. and the European Union could lead to a rebound in markets. Video at metronews.ca

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Teen hurt in stabbing expected to die

Police have opened a homicide investigation after they were told a teen who was stabbed on the weekend is not expected to live.

The teen was walking with a friend at 2:40 a.m. on College Avenue near Akins Street Saturday when they came in contact with a group of males. The teen got into a fight with the group, and one of the males stabbed the 15-year-old in the upper body.

No arrests have been made. Police are asking anyone with information to call them. METRO

CAA to hold forum

Haven't heard much about potholes this election? CAA is holding a forum to talk about it. CAA members are invited to the Winnipeg Free Press News Café tonight at 7 p.m. NDP MLA Gord Mackintosh, Tory MLA Kelvin Goertzen and Liberal candidate Eric Stewart will talk infrastructure.
METRO

Citizen-led election site launches

ManitobaElection.ca has launched. The non-partisan website will provide electoral maps, educational resources and a list of election-related events.
METRO

Broadway. Bash

▶ Corinne Fontaine and her daughters Mia and Tessa enjoy candy apples in the grass at ManyFest on Sunday.

ASHLEY GABOURY/FOR METRO

ManyFest draws record crowd

Organizers of ManyFest say the downtown celebratory festival drew 35,000 people, up from 30,000 last year.

Prairie farmers vote to keep monopoly

Winnipeg-based Wheat Board has support of Manitoba government, which believes farmers have the legal right to decide agency's future

Prairie farmers have voted in favour of the Canadian Wheat Board's monopoly over wheat and barley sales.

Just over 60 per cent of wheat growers and 51 per cent of barley growers voted in favour of maintaining the board's monopoly. Some 55 per cent of wheat growers and 47 per cent of barley growers voted in the plebiscite.

The board conducted a plebiscite after federal Agriculture Minister Gerry Ritz refused to hold one as required under the Canadian Wheat Board Act.

Ritz has said he will change the law and eliminate the monopoly, though the board would still exist.

"In an open market, every farmer will have the ability to choose how to market their grain, whether it's individually or through a voluntary pooling entity," he said in emailed comments Friday before he knew the plebiscite result.

"Let me repeat — regardless of the plebiscite results — at the end of the day, every farmer will have the right to choose how they market their grain."

Ritz has the support of provincial governments in British Columbia, Alberta and Saskatchewan.
THE CANADIAN PRESS

To court

A group called Friends of the Canadian Wheat Board has taken the minister to the Federal Court of Canada.

▶ The group argues he has to abide by the legislation and was legally bound to allow farmers a vote before tampering with the monopoly.

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High. Tide

▶ Gales and high tides sweep the coast at Blackpool, in the northwest of England, as the remnants of hurricane Katia hit British shores yesterday. The second stage of the Tour of Britain was cancelled for safety reasons across yesterday's competition route.

JOHN GILES/THE ASSOCIATED PRESS

Katia rocks along British coast

Britain's weather agency says the tail end of former hurricane Katia could bring the worst storms to hit the country since hurricane Lili struck in 1996. Britain's Met Office said post-tropical storm Katia was hitting parts of Northern Ireland, North Wales, Northern England and parts of Scotland yesterday.

Reaching for the Topp

NDP caucus retreat begins today in Quebec City

Promising he will defeat the Conservative government, NDP president Brian Topp has launched a bid to replace the late Jack Layton as party leader.

The fluently bilingual Montrealer is the first to formally enter the race to succeed Layton, who died last month from cancer.

"No one can replace Jack," Topp declared at a news conference yesterday. "But we can honour him by making sure his dream of social justice will never die. We can carry on his work. That's my pledge today."

Topp's name surfaced early as a possible contender in the NDP leadership race. He has worked in NDP backrooms for years, and was a close confidant of Layton.

Topp noted nearly 60 per cent of Canadians did not vote for the Tories, and said replacing Conservative Prime Minister Stephen Harper was "a piece of unfinished business."

"I'll lead a caucus that works harmoniously and seriously as a government-in-waiting," he said. "And then, we'll win. And then, we'll govern well."

FRED CHARTRAND/CP PHOTO

▶ Brian Topp

He said he will expose Harper's "failed record" before winning the next election and forming Canada's first NDP government in Ottawa.

"And that day will be a great day, a new dawn for every Canadian across this country."

Former NDP leader Ed Broadbent, who nominated Layton for the leadership eight years ago, said he is backing Topp as the most qualified candidate. "Now we need another builder, one who will take us from leader of the official Opposition to the Prime Minister's Office," Broadbent said.

"Brian Topp is that person. He has the political and intellectual substance we need to meet today's challenge. He has the qualities Canadians need in a prime minister. He is ready now."

THE CANADIAN PRESS

NDP status

- The late Jack Layton led the New Democrats to unprecedented success in the May 2 election, surging the party to official-Opposition status for the first time, winning 103 seats, including 59 in Quebec.
- Brian Topp's name surfaced early on as a possible contender in the NDP leadership race.
- Other potential candidates include deputy leader Thomas Mulcair and MPs Peter Julian, Charlie Angus, Paul Dewar, Robert Chisholm, Nathan Cullen, Romeo Saganash, Megan Leslie and Peggy Nash.
- The leadership convention is scheduled to be held March 24 in Toronto.

Embassy to reopen in Libya

Canada is reopening its embassy in Libya's capital, even as fighting continues in pockets of the country still held by loyalists of the hunted dictator Moammar Gadhafi, The Canadian Press has learned.

Sources say a small team of diplomats, led by Canada's ambassador to Libya Sandra McCardell, arrived in Tripoli on the weekend to conduct a security assessment. Officials wouldn't comment on the state of Canada's abandoned diplomatic mission but said McCardell would have to deal with "refurbishing and securing" the premises.

The diplomats have set up shop at an alternative location in Tripoli, and expect to be joined by a full contingent of foreign-service officers to get operations up and running, sources say.

Canadian fighter jets played a major role in the UN-mandated NATO-led bombardment to protect civilians from Gadhafi, who has ruled the north African nation with an iron fist for four decades.

Gadhafi's regime has crumbled but the dictator himself remains at large. From hiding, he urged his followers yesterday to keep up the fight.

Canada joined several dozen other countries this past spring by recognizing the Libyan rebels, the National Transitional Council, as the true representatives of the Libyan people.

In June, Foreign Affairs Minister John Baird visited the rebels in their stronghold of Benghazi in eastern Libya but stopped short of establishing a diplomatic outpost there as some NATO allies had chosen to do.

Baird is to give further details of Canada's diplomatic re-engagement with Libya this morning.

"Canada is in a strategic position to strongly promote Canadian values and protect Canadians' interests," said a senior government official, who spoke on the condition of anonymity.

THE CANADIAN PRESS

Nunavut tackles suicide

The government of Nunavut is hoping that better-trained teachers and more mental-health facilities will bring down suicide rates that are the highest in Canada.

The measures are part of a plan on suicide prevention released in Iqaluit.

The territory hopes that better communication between mental-health workers and teachers will catch at-risk students. It also proposes mental-health centres for Nunavut, which currently has none.

But the plan doesn't identify how much the measures would cost and who would put up the money.

The suicide rate for Inuit youth is 11 times the national average and Nunavut has had 23 self-inflicted deaths so far this year.

THE CANADIAN PRESS

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RUSSIA HOCKEY CRASH

Galimov dies in hospital

The only member of a Russian hockey team to survive a plane crash that killed 44 people died of his injuries yesterday.

The Vishnevsky hospital in Moscow said Alexander Galimov, 26, died of the severe burns that covered about 90 per cent of his body, despite the best efforts of doctors in its burn unit, considered one of the best in Russia.

The crash Wednesday of a chartered Yak-42 jet outside the western city of Yaroslavl took the lives of 28 players, two coaches — including Canadian Brad McCrimmon — and seven other staff of the Lokomotiv Yaroslavl hockey club. The only other person to survive, flight crew member Alexander Sizov, remains in intensive care.

Unlike many other members of Lokomotiv who were European Union citizens and once played in the NHL, Galimov was a native of Yaroslavl and a product of its youth program. His initial survival had inspired the entire city, where the team was a source of great pride.

At rallies after the crash, fans chanted "Galimov, live for the whole team!" and other slogans dedicated to him.

"All of Yaroslavl, all of the country, all of the world followed the doctors' words, believing, hoping, praying that he would defeat death and remain with us," Sergei Vakhrukov, the Yaroslavl governor, said yesterday.

The governor described Galimov, a forward, as a fan favourite.

"He carried the team spirit of Lokomotiv and through his indomitable character often reversed the course of the most difficult games," he said.

A memorial ceremony Saturday in the Lokomotiv arena drew about 100,000 people, including Prime Minister Vladimir Putin.

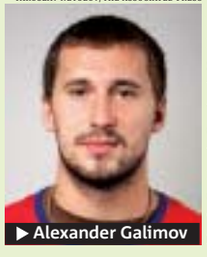
The crash, one of the worst aviation disasters in sports, shocked Russia and the international hockey community.

The team was heading to Minsk, Belarus, to play its opening game of the Kontinental Hockey League season when the plane crashed into the Volga River bank after takeoff and burst into flames.

Russian aviation experts say they have come to no conclusions about the cause of the accident. The plane appeared to have trouble gaining altitude, but investigators say its flight data recorders showed all three engines were operating up until the moment it crashed.

THE ASSOCIATED PRESS

YAROSLAV NEYOLOV/THE ASSOCIATED PRESS



▶ Alexander Galimov

Glimpse. Of hell

▶ Joseph Mwangi sits in a state of shock after learning two of his young children were killed in an explosion yesterday in Nairobi. A leaking gasoline pipeline in Kenya's capital ignited, turning part of a slum into an inferno in which at least 75 people burned to death and more than 100 were injured.

BEN CURTIS/THE ASSOCIATED PRESS

Pipeline fireball kills at least 75 in Kenya

One dead in blast at French nuclear plant

◐ No radioactive, chemical leaks at waste facility ◐ Explosion was 'an industrial accident and not a nuclear accident,' industry minister insists

An explosion at a nuclear waste plant in southern France killed one person and injured four yesterday. Officials said there was no radioactive leak, but critics urged France to rethink its nuclear power in the wake of the catastrophe at Japan's Fukushima plant.

The Nuclear Safety Authority declared the accident "terminated" less than an hour after the blast at a furnace in the Centraco site, in the southern Languedoc-Roussillon region, about 32 kilometres from Avignon. One of the injured suffered severe burns.

The building that houses the furnace wasn't damaged and residents who live near the site were not evacuated, the agency said.

The cause of the accident is unknown and is under investigation.

While the March meltdown at Japan's Fukushima plant prompted other countries to re-evaluate their nuclear programs — with neighbouring Germany vowing to shut all its plants by 2022 — France has remained steadfast in its support for nuclear energy.

Nuke nation

- France is the world's most nuclear-dependent nation. It relies on its 58 nuclear power plants for about three-quarters of its total electricity. It's also a major exporter of nuclear technology.

Officials downplayed yesterday's incident, but Sophia Majnoni, who runs Greenpeace's nuclear campaign in France, said the plant was not part of a French safety audit conducted in the wake of the Fukushima accident.

"It is a nuclear plant yet its resistance to earthquake or flooding won't be checked, which allows us to think that the government has not drawn all the lessons from the Fukushima catastrophe," she said.

"It is not only the nuclear power plants that are dangerous for the population."

THE ASSOCIATED PRESS

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News in brief

▶ A 2008 Dodge Caravan

Headlights may lead to minivan recall

INVESTIGATION. U.S. federal safety regulators have opened an investigation into Dodge and Chrysler minivans from the 2005 model year because the headlights can fail without warning.

An investigation could lead to a recall, although it doesn't always mean that one will be ordered.

THE ASSOCIATED PRESS

Loonie hovers just above par

CURRENCY. The Canadian dollar slipped briefly below parity with its U.S. counterpart on Monday for the first time since January before regaining strength and closing slightly above the greenback.

The loonie was ahead 0.40 of a cent to 100.80 cents US after the earlier decline. **THE CANADIAN PRESS**

Law would target ticket brokers

QUEBEC. Opponents say Quebec's proposed crackdown on online ticket brokers, Bill 25, will only create an unenforceable black market.

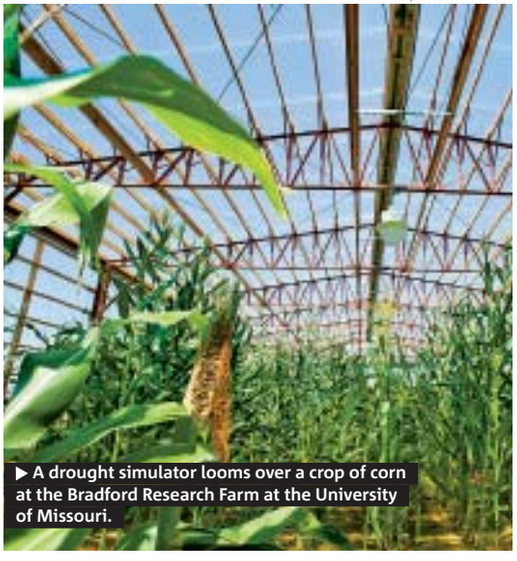
Parliamentary hearings on Bill 25 are being held this week in Quebec City.

THE CANADIAN PRESS

Drought may result in higher food prices

- Experts say poor harvest will raise price of corn
- Other foods also forecast to become more expensive

L.G. PATTERSON/THE ASSOCIATED PRESS



▶ A drought simulator looms over a crop of corn at the Bradford Research Farm at the University of Missouri.

Food prices could rise next year because an unseasonably hot summer likely damaged much of this year's U.S. corn crop.

The U.S. Department of Agriculture estimated yesterday that a surplus of 672-million bushels of corn will be left over at the end of next summer. The estimated surplus is down from last month's forecast and well below levels that are considered healthy.

This spring, farmers planted the second-largest crop since the Second World War. But high temperatures stunted the plants.

The price of corn was relatively unchanged at $7.33 US a bushel yesterday. While that's down from its peak of $7.99 reached in June, it's still nearly twice the price paid last summer.

A bushel of corn equals 56 pounds.

More expensive corn drives food prices higher because corn is an ingredient in everything from animal feed to cereal to soft drinks. It takes about six months for corn prices to trickle down to products at the grocery store.

THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

Dollar	Natural gas 1,000 cu ft
+ 0.4¢ (100.80¢ US)	$3.892 (- 2.3¢)
Oil	**Gold**
+ $0.95 US ($88.19 US)	$1,813.30 (- $46.20)
TSX	
- 238.72 (12,148.83)	

Corruption claim rocks France

BENOIT TESSIER/THE ASSOCIATED PRESS FILE

▶ Dominique de Villepin, left, with Jacques Chirac in 2007.

Former French president Jacques Chirac and former prime minister Dominique de Villepin received an estimated $20 million in illegal cash from West African leaders, a lawyer who claimed to be the go-between said yesterday.

In a radio interview yesterday, Lawyer Robert Bourgi said he handed over suitcases filled with cash between 1995 and 2005, including $10 million from the leaders of Senegal, Burkina Faso, Ivory Coast, Gabon and Republic of Congo for Chirac's 2002 presidential campaign.

Both Villepin and Chirac's lawyers denounced the claims.

The explosive allegations come as Chirac is on trial for unconnected corruption charges related to his years as Paris mayor, and as the campaign for next year's French presidential elections is heating up. The claims revived uncomfortable questions about France's cosy relations with autocratic regimes in its former African colonies.

THE ASSOCIATED PRESS

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BIRTH ORDER NEVER TAKES A BACK SEAT

SHE SAYS ...

JESSICA NAPIER
METRO

I never call "shotgun!"

Whenever I find myself travelling in a car with my younger brother and one of our parents, I always sit in the front. It doesn't matter that we are both fully grown 20-somethings; I'm the eldest, so there's no debating who gets the coveted passenger seat.

As the assertive (OK, bossy) first-born, I insist on the prime spot in the parental vehicle while he — the agreeable younger child — willingly concedes. This is just one of the many unspoken rules in our family that has come about as a result of our birth order.

While there are only 16 short months between our birthdays, my brother and I are vastly different when it comes to personality. I have always been overachieving, fiercely independent, and, at times, a bit of a stress case. I am overly conscientious, have a hard time breaking rules and will people-please to a fault. In comparison, he is easy-going but less disciplined, unlikely to take charge and much more dependent.

"Birth-order stereotypes are most pronounced when it comes to only children. Without any competitors for their parents' affections, single children are perceived (sometimes accurately so) as selfish, overindulged brats."

I know my brother and I aren't alone in this seemingly typical eldest/youngest family dynamic. Among my friends — who run the gamut of the birth-order spectrum — there does seem to be some truth to the assumptions associated with sibling sequence. I know plenty of responsible first-borns with perfectionist tendencies and coddled last-borns who can do no wrong.

Birth-order stereotypes are most pronounced when it comes to only children. Without any competitors for their parents' affections, single children are perceived (sometimes accurately so) as selfish, overindulged brats. Oh, wait — did I forget to mention middle children? Well, that seems about right. The oft-ignored middle siblings tend to get lost in the shuffle. While it's fun to make casual observations about our own friends and families, we have to wonder whether there is any real truth behind these common stereotypes. Is there any conclusive evidence to suggest that one's position on the family totem pole really does have a definitive impact on our personality?

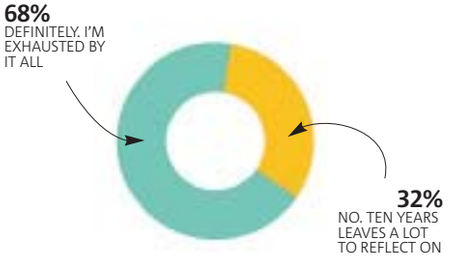
Birth-order theory is a bit of a grey area, both supported and refuted in the world of pop psychology. For every theorist who argues in favour of the importance of sibling sequence on overall development, it seems there are about twice as many critics raising their eyebrows. Some even equate birth order with astrology — a cute personality predictor with no conclusive evidence to back it up.

Scientific validity aside, it doesn't change the fact that I always get the front seat.

Read more of Jessica Napier's columns at metronews.ca/shesays

Register at metropolitanpanel.ca and take the quick poll

Was media coverage of the 9-11 anniversary over the top?



Local tweets

- **@Tom_Milroy:** SWAG, apparently, means...Saskatchewan Wins Another Game. (Ouch.) #winnipeg
- **@furryman66:** The best quote out from Swag.....err uhh Winnipeg: "Winnipeg bakery special today, 5 turnovers for a Buck!". Beautiful. #Riders
- **@thebeaveMTN:** THE BEAVE DESERVES THE KEY TO THE CITY. I entertained kids for years for crying out loud. Cmon #Winnipeg. Rally behind me, The Beave! #MTN
- **@cenquist:** How did I not know @thebeaveMTN was on twitter until now?!?! You've failed me #Winnipeg.
- **@TheStanchion:** #Atlanta #Thrasher fans line up for release of #NHL 12, turned away and told copies were shipped to Winnipeg
- **@WabKinew:** The "What?" Moment of the debate: Gerrard saying we should run Bipole THRU Lake Winnipeg. #mbvotes
- **@TheAlMcLean:** Wind was at my face on my bike ride to work. Its turned directly around and doubled for the ride home #winnipeg

Letters

'ISLAMICISM.' It was irresponsible for the leader of the nation to use a rhetoric language against a marginalized community at a time when emotions are high and bigotry against them is at its peak.

Stephen Harper did not choose his words carefully when he said to CBC that the most imminent and biggest threat the country is facing is "Islamicism."

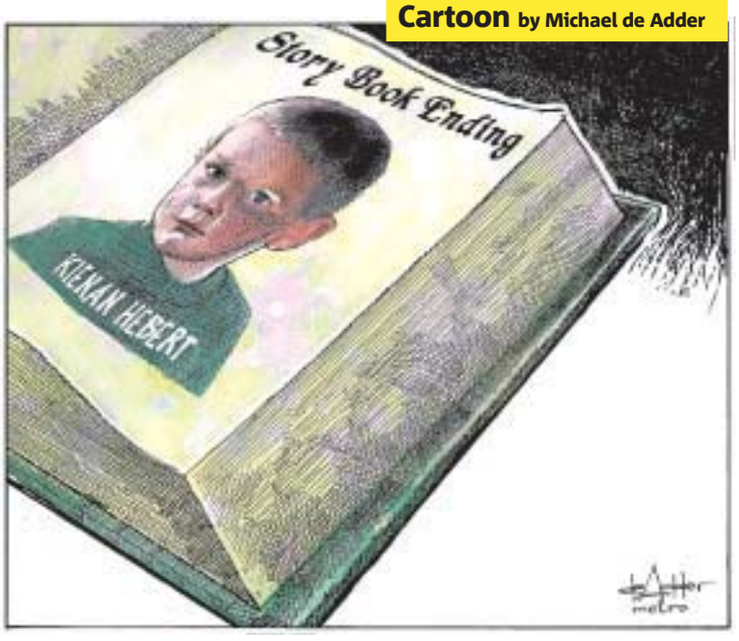
He has used the language of fear that is based on the preconceived notion that Muslims are enemies from within whom everyone should be careful of and guard against.

Unlike Mr. Obama who had organized a breakfasting event at the White House during Ramadan and made it clear to the nation in his speech that "Muslim Americans were innocent passengers on those planes, including a young married couple looking forward to the birth of their first child.... There in the towers where they worked together, they came together for daily prayers and meals at iftar."

Harper has used a language that divides them further.

ABUBAKAR N. KASIM
TORONTO

Cartoon by Michael de Adder



WEIRD NEWS

Tired Western brands get revived in Asia

Faded and forgotten Western brands are being dusted off and brought back to life by companies in Asia targeting the burgeoning number of people looking for labels to match new middle-class lifestyles.

Asians have been buying or licensing fashion names — many of them European with long and rich histories including royal connections or haute-couture origins — that have fallen out of favour back home, as they seek to lure the region's newly affluent.

Among them are Aquascutum, founded in 1851 and whose trench coats were worn by British officers in the Crimean and two World Wars. The British label was popular with movie stars in the 1950s and '60s, but in later years its appeal fizzled. Various owners tried to turn it around before a Hong Kong company snapped up the Asian rights in 2009 and now runs dozens of Aquascutum stores in China and elsewhere.

Meanwhile, Westerners are picking up on the idea, with one British start-up aiming to bring dormant luxury pen, whisky and British butcher-shop brands to Asia's growing middle classes. THE ASSOCIATED PRESS

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Determination helps foreign-trained dentist restart his career in the Prairies

It is likely the first time in three years that Iranian-born Dr. Hooman Mohandesan has strayed from his disciplined path: the newly graduated dentist from the University of Manitoba set out on a rambling road trip from Winnipeg to Montreal to show his visiting mother a bit of his adopted country.

"I have a few weeks' vacation to visit old friends," chuckles Dr. Mohandesan, during a pit stop on a tour that caps a long journey as a foreign-trained dentist in Canada.

Reflecting on the eligibility exams, interviews and the two-year Canadian dental program at University of Manitoba, he notes that, "It's honestly very hard, but when you're done, you feel the joy and pride of this difficult task."

For that reason, Dr. Mohandesan followed a careful regime during those years – focusing on his studies with short work-outs at the gym. "Since there was no guarantee that I would be accepted to the program on my first try, I concentrated on the exams and making contacts to learn the process and prepare myself," he recalls.

While excited to rebuild his career in welcoming, multicultural Canada, the dedicated student struggled to preserve his savings, since he didn't know when he might begin his practice. "It took some time to get used to my new economic status as a student, with all the daily expenses, but no income," he explains.

Fortunately, during an orientation event at University of Manitoba, Dr. Mohandesan met Scott Bollman, Manager of Small Business at Scotiabank's 200 Portage and Main Branch. "I liked the interaction with Scott at our meeting," says Dr. Mohandesan. "Since as a newcomer I was not very familiar with the Canadian financial system, I had a lot of questions, and Scott was very patient throughout our discussion about student loans and banking options."

Scott explained the *Scotia Professional*® Student Plan, tailored for students like Dr. Mohandesan who were completing a professional degree, offered tips on affordable Winnipeg neighbourhoods and demonstrated how a Scotiabank line of credit would accommodate his needs.

"He's more like a friend, since I'm really dealing with a human being, not just an institution," says Dr. Mohandesan to describe the responsive Scotiabanker who has also approved him for a VISA card and foreign currency accounts, and provided advice on saving for his future.

"That's how we serve our customers, particularly new Canadians who face many challenges to establish themselves at the beginning," observes Scott. He adds that he offers programs such as the ***Scotiabank StartRight***® Program[1] for Newcomers, which includes a free day-to-day bank account for one year[2], a wide range of VISA* card options[3] and a number of other customized services and benefits.

Although Dr. Mohandesan is enjoying his leisurely family holiday, he's focused on his next steps – a fellowship at University of Manitoba and work at a private dental practice in Winnipeg. His advice to other newcomers: "Concentrate on your goals, learn the process and build good relationships with people who know what to do to get your career or finances in order."

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Scott Bollman welcomes internationally trained professionals to Scotiabank and provides helpful financial advice.

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Albrey Yeung
Scotia advisor

"Albrey helped open the door to my credit history in Canada."

The ***Scotiabank StartRight***® Program[1], specially designed for newcomers, helps build your credit history right away. You need a credit card[2] to open financial doors and get all the things you need to settle quickly in Canada. Let one of our knowledgeable advisors show you how.

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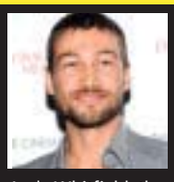
[1]The *Scotiabank StartRight* Program, created for Canadian Landed Immigrants from 0-3 years in Canada, International Students and Foreign Workers.
[2]Subject to meeting Scotiabank's credit criteria and security requirements. A secured VISA* card for International Students requires security equal to 120% of approved credit limit. An unsecured VISA card may be available for Foreign Workers and Landed Immigrants/Permanent Residents, up to certain credit limits; a secured VISA card requires security equal to 100% of approved credit limit. VISA card security can be cash security, Canada Savings Bonds or Guaranteed Investment Certificate. In addition, to be eligible for a personal borrowing product, you must be a Canadian resident and have reached the age of majority: 18 years for PEI, QC, ON, MB, SK, AB, and 19 years for NL, NB, NS, BC, YT, NT, Nunavut. Currently the Auto Loan Program is available through select car dealerships in Canada: Kia, Chrysler, Hyundai, Jaguar/Land Rover, Mazda, Mitsubishi and Volvo. This program is only available for Landed Immigrants and Foreign Workers. Subject to Scotiabank financing terms and conditions. Downpayment required.

2 scene

Scene in brief



Andy Whitfield, the 39-year-old star of the cable series Spartacus: Blood and Sand, has died. Manager Sam Maydew says Whitfield died Sunday of non-Hodgkin Lymphoma in Sydney, Australia. Whitfield's wife Vashti in a statement called her husband a "beautiful young warrior" who died on a "sunny Sydney morning" in the "arms of his loving wife." Whitfield — who was born in Wales and lived in Australia — was a virtual unknown when he was cast as the title hero in Spartacus, a hit original series for the Starz network that made waves with its graphic violence and sexuality. Whitfield was preparing for the second season when he was diagnosed 18 months ago.

THE ASSOCIATED PRESS

Scan this code or visit metronews.ca/scene to find out who was honoured at the Canadian Country Music Association Awards last night.

Not the same old hook

Former Joy Division bass player Peter Hook talks about growing and experimenting as a musician Reveals his feelings about being sidelined from the New Order reunion

PAT HEALY
SCENE@METRONEWS.CA
METRO WORLD NEWS IN BOSTON

PHOTO CREDIT: TIMOTHY NORRIS

▶ This year, Peter Hook is reincarnating Joy Division's more sophisticated work, Closer.

Peter Hook has come to terms with his musical past in a variety of ways in the last 16 months. To mark the 30th anniversary of the death of Joy Division singer and goth-rock icon Ian Curtis last May, Hook led a band through Unknown Pleasures in its entirety. While Hook had played bass on the original album, he tackled this commemorative endeavour as the singer. The outing was successful enough that he took the show on the road. This year he reincarnates Joy Division's more sophisticated follow-up, Closer. But not all of Hook's recent reckoning with his past has been happy. Last week, his bandmates in New Order (the group that soldiered on after Curtis' suicide) announced a reunion — without him. Metro spoke to the man whose style of bass playing defined post-punk music.

At what point did you realize you were going to sing these songs, instead of playing bass? Did you ever try both?

I've never been able to do that. My son plays bass. ... It's still quite nerve-wracking, especially playing Ian's parts. My son is the same age as I was when we did Unknown Pleasures, which is quite weird, but my son was very supportive. He said, "Dad, it sounds fine. Don't worry about it. It will get better." And as we practiced, it did, and I felt happy doing it. But it's still very nerve-wracking.

When you're singing these old songs, what goes through your mind? Is it different than what would go through your mind as the bassist?

As a bass player, I never thought I'd enjoy singing them, but to be honest with you, the words are so delightful and the little tricks he uses in his vocals in the songs are so clever. And the way he rhymes and the way he repeats the rhymes and leads you and does these merry little tricks in his vocals are fantastic. ... And I had never noticed them before.

When you're singing these lyrics does it become more apparent that maybe Ian was trying to cry for help? I guess I am thinking most specifically of that "I'm ashamed of the person I am" line.

The thing about lyrics is you don't necessarily write them about yourself, and the biggest problem with Ian was that he wanted you to be happy, so w henever you asked him something, he would always tell you the answer that made you happiest. So if I asked him, "Ian, are you OK?" He would go, "I'm absolutely fine, Hooky. Stop worrying about me and let's get on with it." ... Even though he was singing these very obviously tortured lyrics, if you asked him if he was OK, he'd go, "I'm absolutely fine! I'm on top of the world! Let's go!" and then we'd go, "Oh, thank God for that." But it wasn't actually true, because obviously he was suffering a lot, but didn't want you to know.

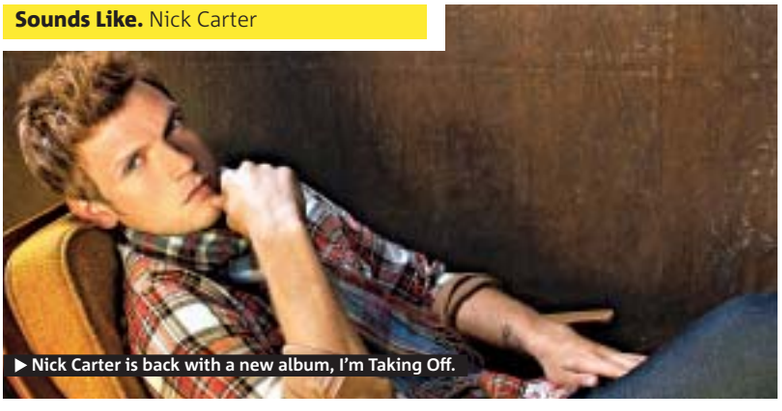
Are you and Bernard Sumner still close at all? I was surprised to see that New Order were reuniting without you.

We are the worst of bitter sworn enemies, which was proven this week by them starting New Order up again without telling me, the f—ers.

So you learned about the new New Order when I did?

Yes. In fact, I heard it on the radio. I'm not too bothered, to be honest. We split up five years ago and stopped working together. And, it's a long time. And really, our relationship has been terrible ever since we stopped working together. So I'm not in a hurry to work with that bastard and I'm sure he's not in a f—ing hurry to work with me. But they didn't tell me that they had made this decision. And there have also been some, shall we say, little business shenanigans, which have proved to be quite distressing, which I'm sorting out at the moment. It's not been nice, and I didn't expect it to be nice.

Sounds Like. Nick Carter



▶ Nick Carter is back with a new album, I'm Taking Off.

What is your greatest fear?
It would probably be getting old. I don't accept it. I'm gonna get younger.

What is your idea of a perfect day?
Every day is special. Every day has something perfect in it. So, there is no perfect day — every day can be perfect if you want it to be.

What or who provides your inspiration and why?
Inspiration comes from looking out in the world and paying attention to the things that are going on around you. Looking at a newspaper, or watching the news, or speaking to a friend.

What is the last thing you say to yourself before a show?
I dont' say anything. I'm dancing.

Nick Carter's back with a brand new solo album. Check out our exclusive video interview with him at metronews.ca/scene

Clooney reveals new love

Former WWE star holds her own on the TIFF red carpet alongside Hollywood's most eligible bachelor

George Clooney and Stacy Keibler have decided to use the opportunity of the Toronto International Film Festival to go public with their rumoured romance, according to Us Weekly.

The pair made the rounds for Clooney's two films at the festival, the Ides of March and the Descendants, hitting up several parties.

"One of the reoccurring themes of the night was that Stacy had her own conversations going on and that she wasn't following Clooney around like a puppy dog," a source says.

"The two clearly work not only as a pair, but also independently. [Stacy] really stood on her own. George was not overprotective and didn't have to look after her."

METRO

ALL OTHER PHOTOS GETTY IMAGES

George Clooney

THE CANADIAN PRESS

Stacy Keibler

Celebrity tweets

@diablocody

One would think using whitening toothpaste for one's entire adult life would result in white teeth

@JennyMcCarthy

I'm afraid to donate my body to science cuz I'm afraid my arm will wind up on Dr Oz.

@JimCarrey

I've always hd infinite creative energy a playful nature n the courage 2 b unconventional bt envious ppl prefer to call me nuts. S'ok

@ConanOBrien

Where's my Ben & Jerry's ice cream flavor? I think people would love a bowl of "Ginger Coco Honkey Bites".

Witherspoon won't sue

Reese Witherspoon

While Reese Witherspoon isn't pressing charges against the driver who struck her while she was jogging last week, the experience has still reportedly left her shaken up, according to Us Weekly.

"The whole incident really frightened her," a source says.

"The odd thing about all of this is that Reese has always been very afraid of being hit by a car. It's been an ongoing fear of hers. She is always the first person to pull people away from the edge of the curb because she doesn't want them being accidentally hit."

METRO

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3 life

A new study shows

13%

... is the average drop of LDL cholesterol after eating the equivalent of one bowl of oats each day for six months. The Canadian study placed a group of people with initially high LDL cholesterol on a diet that included tofu, soya milk, soy based meat substitutes, oats and nuts. Six months later LDL cholesterol levels had dropped by an average of 13 per cent. METRO

SpongeBob in hot water after study shows tots have short attention span afterwards

ISTOCK PHOTOS

▶ One of the dangers of exercise addiction is that other addictions can take over.

Addicted to exercise

Getting fit is good ◐ But what happens when some people take it too far? ◐ Metro found out

CELIA MILNE
LIFE@METRONEWS.CA

Are you addicted to exercise? While physical activity is obviously good for you, too much exercise could signal problems brewing.

"If exercise takes over from work, social activities, and sleep, that is an unhealthy behaviour," says Wendy Lee, a kinesiologist at Bellwood Health Services in Toronto, a residential treatment centre for addictions.

"If you are exercising three to hour hours a day, something else is being cut out of your life," she adds. "If you are not willing to attend family functions, that's a sign you might be going overboard. It's not normal to exercise more than two hours a day, five days a week."

An interesting Parisian study done in 2008 found that 42 per cent of people using a fitness facility were dependent on exercise. It also found those with exercise addiction were more likely to engage in compulsive shopping.

One of the dangers of exercise addiction is that if you have to stop exercising due to injury, other addictions take over.

"If you have to stop, how would you replace that high? You could turn to drinking or drugs."

Another danger is people don't stop or slow down when they should, and could get hurt.

"If they refuse to take a rest day or stop when injured, there is something wrong."

Excessive exercise is not a formal psychiatric diagnosis, but it could become one in the future.

Meanwhile, it is one of the criteria for bulimia.

Over 50 per cent of those with eating disorders engage in excessive exercise to keep their weight down.

"Exercise itself is a very healthy behaviour, but it needs to be done with variety, in moderation and it should be fun. If you are doing it just to lose weight and not enjoying it, that is not a healthy behaviour," says Lee.

Warning signs

We asked Wendy Lee, a kinesiologist at Bellwood Health Services in Toronto, for some signs of excessive exercising.

- **You say no to social activities with friends so you can exercise**
- **You exercise more than two hours a day**
- **You would be depressed if you couldn't exercise**
- **You always exercise alone**
- **You don't get enough sleep because of exercise**

Yoga pose.
Prasarita padottanasana

DSALAS

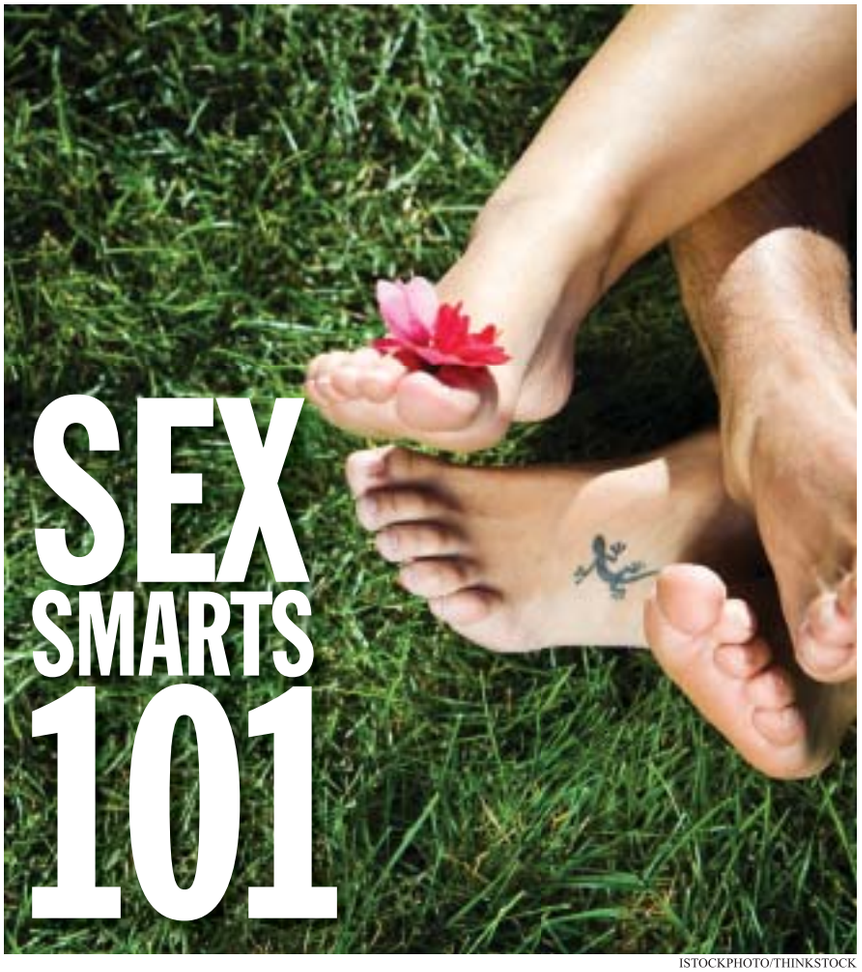
What you do:

1. Stand in mountain pose and step your feet apart (around 3 feet). Rest your hands on your hips with your inner feet parallel to each other. Lift your inner arches by drawing up the inner ankles and pressing the outer edges of your feet and ball of the big toe into the floor. Engage the thigh muscles by drawing them up.
2. Exhale and lean the torso forward from the hip joint. With your torso parallel to the floor press your fingertips onto the floor directly below your shoulders. Fully extend the elbows. Move your spine evenly into the back torso so that your back is slightly concave from the tailbone to the base of the skull.
3. Pushing the thighs back, lengthen the front torso and widen the pelvis. Maintain the concavity of your back and the forward lift of your sternum as you walk your fingertips between your feet. On an exhale, bend your elbows and lower your torso pressing your palms into the floor.

STEPHANIE KNUTSSON, BODYISM YOGA INSTRUCTOR

TROJAN
FIRST RESPONSE

SEX SMARTS 101



ISTOCKPHOTO/THINKSTOCK

DESIGN PICS / STOCK FOUNDRY/VALUELINE/THINKSTOCK

BANANASTOCK/THINKSTOCK

FROM FRIENDS WITH BENEFITS AND FROSH-WEEK ACTIVITIES TO DORM LIFE AND BAD REPUTATIONS, STUDENTS CERTAINLY HAVE THEIR WORK CUT OUT FOR THEM.

Socially, that is. Never mind cramming in late-night study sessions, campus life brings with it an entirely new set of lessons. According to Dr. Robin Milhausen, associate professor of family relations and human sexuality at the University of Guelph, it's a time for serious decision making.

She says students need to make "concrete" choices about their bedroom boundaries before finding themselves in sexual situations. "Students are going to be well supplied, but they have to make decisions," she says, noting that there's an abundance of sex resources and condoms available on most campuses.

For women in particular, it's important to know one's limits. "Gender differences still exist," explains Milhausen. "Women are more inclined to feel regret than men are (after a sexual encounter)," she says. They also have the added worry of unwanted pregnancy, are more susceptible to STIs and, though unfair, have a higher risk of earning a bad reputation than their male counterparts. "Women tend to be the sexual gatekeepers," says Milhausen. "They have the freedom to have a lot of sex, but men have the advantage of being able to have sex and be judged less harshly." Milhausen encourages a two-pronged contraception plan, combining a "hormonal barrier method," such as the birth control pill, and condoms, to reduce the risk of STIs and pregnancy.

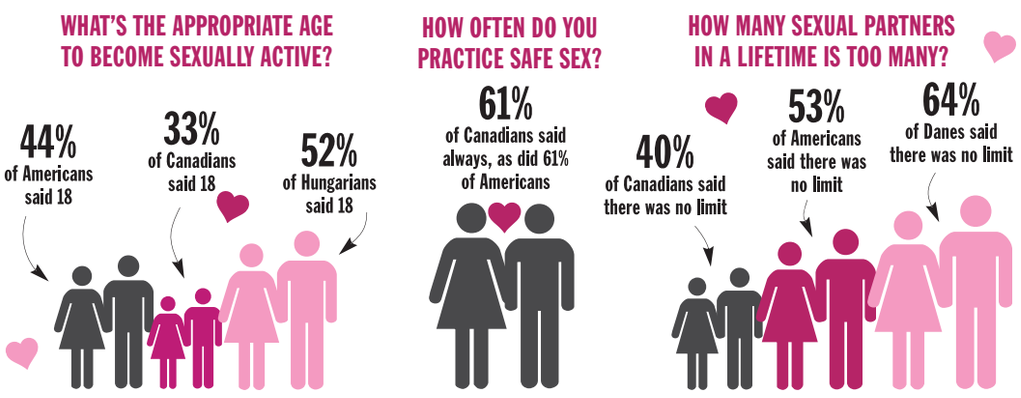
Meanwhile, one hot campus trend was thrust into the spotlight when the film, Friends with Benefits, was released earlier this year. While parents may cringe at the idea of such casual sex encounters, Milhausen says it offers more benefits than they might think. "In the past, casual sex was more about having sex with a stranger," she says. "Now they're having sex with someone who's a friend ... who they can also get emotional support from. It's another kind of relationship. It's not all doom-and-gloom — there can be less risk involved. I think parents are worried about this, but young people are very comfortable with it." That said, know what you're getting into, she advises. "Anyone calling you after 11 o'clock to watch a movie is a call to action," she says.

– Tanya Enberg

TROJAN
Got questions? We've got answers.
WEKNOWSEX.CA

SURVEY SAYS...

FROM THE RECENT METROPOLITAN PANEL SURVEY ABOUT SEX:


WHAT'S THE APPROPRIATE AGE TO BECOME SEXUALLY ACTIVE?
44% of Americans said 18
33% of Canadians said 18
52% of Hungarians said 18
HOW OFTEN DO YOU PRACTICE SAFE SEX?
61% of Canadians said always, as did 61% of Americans
HOW MANY SEXUAL PARTNERS IN A LIFETIME IS TOO MANY?
40% of Canadians said there was no limit
53% of Americans said there was no limit
64% of Danes said there was no limit

Metropolitan Panel

Results courtesy of the Metropolitan Panel, an online research panel dedicated to dialogue with you! Sign up for the panel at metropolitanpanel.ca, choose your country and join the global conversation.

BREAK DOWN YOUR BARRIERS

THE FAMOUS ADAGE, LESS TALK MORE ACTION, MAY HAVE FOUND THE PERFECT FIT — BETWEEN THE SHEETS.

ISTOCKPHOTO/THINKSTOCK

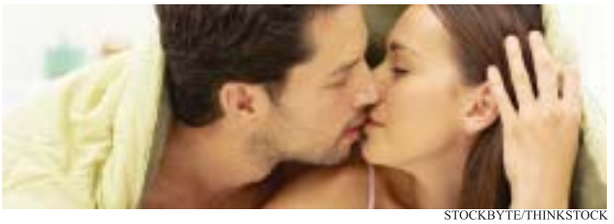
"A lot of people tend to overanalyze things — especially when it's about sex," says Toronto-based psychotherapist Kimberly Moffit. But, adding extra sexual sizzle needn't be scary. If the bedroom is always the go-to place for sex, try a new room.

"Grab your partner in the shower and say, 'come on, let's go!'" she says.

If you prefer discussing your desires first, getting the conversation started is easy. "You're cuddling after sex, and say 'You know honey, that was amazing, I was thinking next time we could try ...' and fill in the blanks." Flipping through Cosmo magazine is a fun, non-intimidating way to explore sex without compromising comfort zones. "You could read it together and you might find yourself getting turned on and want to try some of the ideas." Of course, sex shops are teeming with ideas and many pharmacies carry an impressive selection of sexual goodies. "A lot of couples are ready to give up — the passion's gone — but it's always possible to revive it," says Moffit.

"A lot of the time, there's not a lot of effort being put in. You have to become creative ... Relationships take a lot of work."

FIRST ENCOUNTERS



STOCKBYTE/THINKSTOCK

If hyper-sexualized messages are considered highly seductive forces, many modern teens are rising above it.

"Looking back at studies done in the 1990s ... today's youth are a little less likely to be having intercourse than their counterparts 10 or 20 years ago," says Alex McKay, research co-ordinator at The Sex Information and Education Council of Canada (Sieccan). "They are also more likely to use condoms."

This during a time of potent sexual imagery — one that saturates everything from teen dramas and music videos to highway billboards and bus shelter ads. Rather than becoming more promiscuous, the opposite is proving true.

According to the Centers for Disease Control, in 1991, 54.1 per cent of students between grades 9 and 12 reported having sex, compared to 46 per cent in 2009.

In 1991, 46.2 per cent said they used condoms the last time they had intercourse. That number skyrockets to 61.1 in 2009.

"Today's youth, generally speaking, are more knowledgeable about sexual health and, as a result, they take better care of their sexual health," observes McKay.

In other words, knowledge is power.

"There's a belief of monkey see, monkey do, but teens are smarter than that," he says.

Statistics Canada found that 43 per cent of 15 to 19 year olds had sex at least once in 2005, compared to 47 per cent in 1996-97. McKay says, on average, today's youth have sex for the first time between 17 and 18 years of age.

Despite improvements, he says more work is needed, including teaching media literacy and consistent sexual education.

All youth should have the "skills to take care of their sexual health before they become sexually active, because after they become sexually active, it's too little too late."

– Tanya Enberg

BY THE NUMBERS

Have you ever wondered which Canadian province sells the most condoms? Or the least? Wonder no more: The following list reveals how many condoms were sold in each province or region (Newfoundland and Labrador was excluded from the survey):

ONTARIO
31,651,747

QUEBEC
16,940,462

ALBERTA
9,384,955

BRITISH COLUMBIA
8,995,550

MANITOBA & SASKATCHEWAN
4,427,107

MARITIMES
3,893,126

Source: AC Nielsen, L52W, period ending July 30, 2011

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FIRST RESPONSE
Detects the pregnancy hormone FIRST so a woman can test 5 days before her expected period!*
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FIRST RESPONSE
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MISSED CONCEPTIONS

EVEN AS SEXUALLY SAVVY AS WE MIGHT BE, BIRTH CONTROL MISCONCEPTIONS CONTINUE TO BREED LIKE WILDFIRE.

Even as sexually savvy as we might be, birth control misconceptions continue to breed like wildfire. Dr. Robin Milhausen of the University of Guelph, says some folks believe condoms can be re-used. "Condoms are single use and single partner," she says. Meanwhile, other myths include the idea that a woman can't get pregnant her first time having sex (uh, no); that pregnancy can't occur if a couple has sex standing up or if the withdrawal method is used (not so, due to the risk of pre-ejaculate) and that Saran Wrap is a condom alternative (it isn't). *– Tanya Enberg*

OUT OF THE BOX

LUBRICATED
Straight walled condom with reservoir end with some condoms being thinner for a more natural feel.

NAKED SENSATIONS
Allows for freedom of movement for a more natural experience. Deep ribs at end and base increase stimulation.

MAGNUM
Larger than standard condoms for extra comfort while being tapered at the base for a secure fit.

HER PLEASURE
Designed to help heighten her sensation and pleasure. Deep ribs for extra enjoyment and stimulation.

FIRE & ICE
Uniquely shaped for stimulation.

FOR MORE INFORMATION, VISIT TROJAN.CA

DOUG MENUEZ/PHOTODISC/THINKSTOCK

TYPES OF STIs

HPV (HUMAN PAPILLOMAVIRUS)

- HPV is the most common STI. It is believed that more than 50 per cent of sexually active people will have HPV at some point.
- There are 40 different types of HPV that can be sexually transmitted. Types 6 and 11 can cause genital warts; types 16 and 18 can lead to cervical cancer.
- You can carry and transmit an asymptomatic HPV infection long after you get it. Using condoms consistently can significantly reduce the probability of transmission.

HSV (HERPES SIMPLEX VIRUS)

- HSV is one of the most common STIs there is, and once you have the virus, it will stay with you even when you aren't having an outbreak.
- There are two basic types of the herpes simplex virus: HSV-1 and HSV-2.
- If you get infected, but have no outbreaks, you can still transmit the virus to other people. In fact, this is how most cases of genital herpes are transmitted.

CHLAMYDIA

- Common among teenagers and young adults in their 20s.
- If left untreated, chlamydia can cause pelvic inflammatory disease, tubal infertility, chronic pelvic pain, ectopic pregnancy, and make you more susceptible to contracting HIV.
- Chlamydia is easy to treat if it's caught early.
- Using latex, polyurethane or polyisoprene condoms reduces the chances you will be infected.

GONORRHEA

- Gonorrhea is very infectious.
- This infection can be passed whether symptoms are showing or not.
- You can protect yourself against this infection by consistently using a condom.

HBV (HEPATITIS B VIRUS)

- HBV is a dangerous STI that infects the liver. A vaccine is available to prevent infection.
- Many people infected with hepatitis B virus have no symptoms.
- Hepatitis B has become less common in Canada in recent years, partly because many people have been vaccinated against it. It's likely that condoms reduce the risk of transmission because HBV sized viruses are too big to pass through latex, polyurethane or polyisoprene condoms.

HIV/AIDS

- Human immunodeficiency virus (HIV) is the cause of acquired immunodeficiency syndrome (AIDS).
- More than 65,000 Canadians have tested positive for HIV, there are about 2,500 new HIV infections each year, and it is estimated that more than a quarter of people with HIV in Canada don't know they have it.
- No one who is sexually active is immune from the possibility of HIV infection. If used consistently, latex, polyurethane or polyisoprene condoms are very effective in preventing HIV infection.

– Source: weknowsex.ca

PROTECT YOURSELF

Used properly, condoms can greatly reduce the risk of pregnancy and sexually transmitted infections (STIs). When you use a condom, you protect both yourself and your partner by helping prevent the spread of such STIs as herpes, chlamydia, gonorrhea, HPV and HIV.

The website Weknowsex.ca has lots of valuable information about STIs, including the fact that you can be infected with one but not show any symptoms, which means you may not even know you have one.

So how do you know if you're at risk? Even if you're in a monogamous relationship or you're really careful when it comes to your sexual behaviour, you're still at risk of getting an STI. That's because it's common for people to bring a symptom-free STI they don't know they have with them to a new relationship.

On the other hand, if you have an STI with symptoms such as genital warts for HPV, lesions or blisters for genital herpes and genital discharge and pain for chlamydia, the responsible thing to do is to tell every new sexual partner that you have an STI. That way, your partner can make an informed decision about whether to use a condom to help prevent becoming infected with your STI.

STIs tend to be more common in women than men, simply because women are more biologically susceptible to them. It's a good idea for anyone who is sexually active to get tested for STIs, especially if you've had sex without a condom. For more information about STIs, visit weknowsex.ca.

THE CANADIAN PRESS H/O

Hidden Veggie Sammies

Preparation:

1. In bowl using fork, combine tuna, green onions, celery, cucumber, olive oil, lemon juice, mayonnaise, mustard, chopped dill and salt.
2. Open slider buns and place on a work surface. Divide greens among bottom halves of buns. Top with scoop of tuna salad, dividing evenly, and tops of buns. **THE CANADIAN PRESS/ PRESIDENT'S CHOICE**

Ingredients:

- 2 cans (each 170 g) chunk light tuna in water, drained
- 2 green onions, sliced
- Small stalk celery, diced
- 30 ml (2 tbsp) diced cucumber (skin on)
- 30 ml (2 tbsp) olive oil
- 30 ml (2 tbsp) lemon juice
- 15 ml (1 tbsp) mayo
- 10 ml (2 tsp) Dijon mustard
- 5 ml (1 tsp) fresh dill
- 0.5 ml (1/8 tsp) salt
- 9 slider mini buns
- 250 ml (1 cup) mixed baby greens

Some like it really, really hot

Carbone Coal Fired Pizza is the latest place in Winnipeg to grab a gourmet pie Paninis and chicken wings get the 850-degree oven treatment, too

LUNCH RUSH

PAY CHEN
FOOD@METRONEWS.CA

PAY CHEN

Pepino Pizza.

People say that even if it's bad, it's good. But when it's good…it's "oh, so good." We are talking Pizza, of course. There are more than a few places to get a gourmet pie in Winnipeg. The latest is Carbone Coal Fired Pizza. Everything on the menu is baked in an 850-degree coal-burning oven. The dough is made with organic flour from Alberta and the sauces and toppings are incredibly fresh.

It's not just pizzas and paninis that benefit from the crispy high heat of the oven. Chicken wings (10 for $9.50 and 20 for $17.95) are juicy from being blasted in the heat and addictive with a dusting of herbs and spices.

The 12-inch Pepino ($16.25) is thin with edges perfectly charred. You can't go wrong with the combo of prosciutto, arugula, tomatoes and parmigiano. A casual atmosphere makes Carbone an ideal place to catch up with friends over a simply perfect pizza.

Carbone Coal Fired Pizza
1580 Taylor Ave.
488-2554
Client negotiations: Yes
Social lunch: Yes
Price range: $3.95 - $19.25
Rating: 4 out of 5

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ISTOCK

▶ Do you usually specify "plus one" or "and family" on invitations that you send out?

POLITE WAYS OF SAYING 'NO'

CHARLES THE BUTLER

ASKCHARLESTHEBUTLER@METRONEWS.CA

FOR MORE, VISIT CHARLESMACPHERSON.COM

Hi Charles,
I'm hosting a 50th birthday party for my husband. It's a formal event at a hotel with a sit-down dinner. We didn't say "plus one" or "and family" on our invitations, and have had a few people respond asking if they can bring a friend/date/their children. Can I politely say no or once asked am I socially obligated to say yes, or does it depend? Thanks,
Politely Curious

Dear Politely Curious,

Well, you have to decide what is important to you. The short answer is that the person who is invited is named on the outside of the envelope and it is rude on behalf of the guest to put you, the hostess, in a position to ask if you can bring someone who was not invited.

Now that we all know the rule, the question is what to do? First off, do you have the room to seat these additional guests?

Lack of space is always a great and polite way out.

Secondly, if it is just one or two guests who happen to be your best friends than you might be a little more tolerant and allow them to bring someone. However, regarding children (and I *love* kids), if this is an adult party it is 100 per cent OK to say, "We would prefer if you would hire a baby sitter to take care of the kids that night, so that you and your husband can relax and enjoy the evening with the adults."

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

LOVE CAN GET ITCHY

TWO SISTERS

ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

I am in love with an amazing woman, it's relatively new and things are going really well ... but she's just informed me that she has herpes. We've been having safe sex, and used condoms, but I know it can be transmitted regardless. I have to admit it threw me — how do I handle this?
Itchy love.

Andrea: It's a little late for you to decide whether or not it's a deal-breaker as you've already slept together.

I'd take that personally, but maybe you're a bigger person.

On the bright side, many couples have managed to avoid transmission by not sleeping together during outbreaks (or touching affected areas).

However, asymptomatic transmission is possible. Think of the worst-case scenario: you get herpes.

Ultra worst-case scenario: you get herpes, and then she dumps you. Can you handle that?

If the answer is you'd end up boiling her bunny, then maybe you should just get tested now and break it off. If you're unsure, spend some more time with each other being as safe as you can, until things are clearer.

Claire: Love is never simple, lust even less so.

She should have told you earlier, but I assume it was a very hard confession to make, so if you like her, you have no choice but to forgive her. According to medbroadcast.com, genital herpes affects one out of six Americans, and eight out of 10 have no clue they have it.

So the bad news is that you risk becoming part of a very large club, but the good news is that if you don't have outbreaks, there are almost no other symptoms. It's like an Aeroplan — you know you have the points, but you never get to use them.

You can't choose whom you love, and considering the stats, she sounds like she's more worth the risk than someone else you might meet if you leave her for this reason alone.

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

Interpreting and unlocking your wildest dreams

HEIDI PATALANO
LIFE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

Dream interpretation is a subject of fascination for many, but Dr. Lauri Loewenberg is the real expert.

Holding a doctorate in archetypal psychology, she can make sense of just about any dream, given the right contextual information.

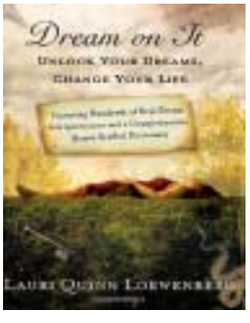
You can interpret your own, too, with a few tips from her new book, Dream On It: Unlock Your Dreams, Change Your Life.

Loewenberg says that dreams should be treated as advice you give to yourself.

"Dreams are basically a conversation with the self," she says.

"Everything in your dream is about you and about your life. If you dream that a co-worker dies or a family member dies, we think, Oh my gosh, they might die, when in fact it's something about you that's dying off or changing."

But if dreams are so specific to each person, then why do so many of us have dreams about the same things, like teeth falling out or flying?



"Look at your dreams as a language," says Loewenberg.

"They're really metaphors for your life because this is how we communicate when we talk to each other. We use metaphors. It's a picture language.

"The difference is that the dream brings it to life and puts you in it."

Loewenberg suggests keeping a journal in which you describe your dreams right after they happen and to look closely to the day before the dream in order to figure out what it means.

"I've found that your day and your dream are always connected. Always," she says.

"You can always connect the dots between what happened in the dream and what happened that day."

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Opening up about money

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Mary Ann Wong is a 37-year-old Winnipegger with a weakness for shoes and a love affair with cruise ships. She also now has the heart of a lion when it comes to vanquishing debt.

"I used to say my marriage failed because I was more into my work than my husband. But the truth is a relationship with Jimmy Choo and Carnival ended things."

It was just after Mary Ann plunked down more than $1,000 for a pair of chart-topping biker-style Jimmy Choo boots, which she intended to wear on an upcoming girlfriend Carnival cruise, that her husband packed his eight-year-old sneakers and left.

"I was so mad at myself screwing up a marriage over clothes and trips that I had to find some way to punish myself," she wrote to me last year.

Her self-inflicted punishment consisted of an entire year without spending one thin dime on anything but the essentials. Before that, she'd never even gone a week without buying something. Agony.

I recently got back in touch with Mary Ann because her story might win her $5,000.

A new contest by Credit Education Week Canada (an initiative of the not-for-profit, credit counselling charity, Credit Canada), and sponsored by Capital One, offers three prizes, $1,000, $2,000 and $5,000 to adults for a 300-word story about their experience with credit and debt and how they have conquered problems.

I love this contest because money woes are still a big taboo in our society. We'd rather reveal details of our sex lives than our financial affairs.

Even if you don't win, you'd be amazed at how therapeutic writing about money problems can be.

I've seen the effect on people; the minute they admit their financial problems — whether they are of their own making, à la Mary Ann, or as a result of circumstance. You can actually see the release as stress and shame lift.

Here's a contest tip: aim for humour, inspiration and/or pathos. Those three emotions always catch judges' attention.

But hurry, you have to get your story in between this Friday and Oct. 21 and the winning entries will be published in Metro and posted on the Credit Education Week Canada site.

Oh, and about Mary Ann. She and her ex are dating again. **CONTACT ALISON AT ALISONGRIFFITHS.CA OR AT GRIFFITHS.ALISON@GMAIL.COM**

POPQUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.

FIND TIPS & TRICKS
in Allan Small's Investment Perspectives Column: *Negative news provides a drag on the market.*

This column and more available at
Metronews.ca/YourMoney

Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.

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Allan Small
Senior Investment Advisor – DundeeWealth

metro

RBC

RBC Royal Bank is pleased to host a free informational seminar on purchasing property in the U.S.

Consultant panel from Canada and the U.S. will cover the following topics:

- State of the real-estate market
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- American considerations for:
  - Legal and ownership structure
  - Tax & Estate issues
  - Banking and Financial solutions
  - Process for buying real-estate

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Monday, September 19, 2011

- 7:30 a.m. – 9:30 a.m. - Winnipeg Convention Centre - 375 York Avenue
  RSVP online at http://www.eventbrite.com/event/2060788875
- 5:00 p.m. – 7:00 p.m - Canad Inns Polo Park - 1405 St. Matthews Avenue
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4 sports

Grand Slam. Champion

▶ Novak Djokovic returns a shot to Rafael Nadal during the U.S. Open men's championship match in New York yesterday.

THE ASSOCIATED PRESS

Djokovic's dominance continues with win over Nadal in N.Y.C.

Novak Djokovic produced a nearly perfect performance to match his nearly perfect season.
Returning brilliantly, swatting winners from all angles, the No. 1-ranked Serb beat defending champion Rafael Nadal 6-2, 6-4, 6-7 (3), 6-1 last night in a final chock-full of mesmerizing points to earn his first U.S. Open title and third Grand Slam trophy of 2011. Djokovic is 64-2 with 10 tournament titles in one of the greatest year's in the history of men's tennis.

Quoted

"As hard as the losses are, you've got to be able to celebrate these a little and try to remember what it feels like. Obviously, we love that feeling and want to keep it going."
BUFFALO QUARTERBACK RYAN FITZPATRICK. AFTER AN OFF-SEASON OF QUESTION MARKS AND CRITICISM, THE BILLS ARE OFF ON THE RIGHT TRACK FOLLOWING AN EYE-OPENING 41-7 WIN AT KANSAS CITY ON SUNDAY.

Scan code for more sports news.

Mid-season swoon in Winnipeg

Bombers still hold CFL's top record, but face tough questions after pair of losses to Riders

It's a little quieter in Swaggerville these days.

The Winnipeg Blue Bombers are tied with the Calgary Stampeders atop the CFL at 7-3, but are coming off two straight losses to Saskatchewan. They sit just two points ahead of Montreal heading into a six-week stretch where they will face division rivals five times — including three against the Alouettes.

Winnipeg's defence has certainly anchored the franchise's resurgence this season. Not only have the Bombers continually harassed quarterbacks, but they've also surrendered league-best averages in total yards (303.1) and passing yards (239.4) per game.

Winnipeg's defence has also forced a league-high 36 takeaways (13 interceptions, 13 fumble recoveries, 10 on downs).

The Bomber offence hasn't kept pace. They sit last in completions (198) and second-last in total yards (334.9 yards per game), passing yards (252.3) and total touchdowns (19).

24 Buck Pierce has been sacked 24 times in 2011, second-most in the CFL. The Bombers QB played just five games last season due to injury.

Despite its issues, Winnipeg's offence has rarely beat itself. But they did Sunday against the Roughriders committing six turnovers — including five interceptions from quarterback Buck Pierce — in a 45-23 home loss.

Pierce has completed nearly 65 per cent of his passes and usually gives the Bombers a shot to win. But he's seventh among CFL starters in passing yards (2,300) and now has more interceptions (11) than touchdowns (10).

Fortunately, the Bombers remain in control of their fate in the East Division, where they're 4-0. And with five inter-conference games coming up, Winnipeg has a glorious chance to solidify its standing. THE CANADIAN PRESS

Pierce in pain

A Bombers spokesman said Buck Pierce was scheduled to visit a doctor yesterday.

- The team is expected to issue an update on Pierce's health sometime today.
- The quarterback suffered a rib injury on Winnipeg's opening possession against Saskatchewan on Sunday. In the next series, Pierce was hit so hard that his helmet went flying. Both times, he stayed in the game.

Russian team lost to plane crash will miss KHL season

The hockey team wiped out by a plane crash last week will not take part in this year's Kontinental Hockey League season, Russian Sports Minister Vitaly Mutko said yesterday.

Mutko said that Lokomotiv Yaroslavl would be demoted to a lower league as part of a gradual rebuilding program, which was team management's wish.

"At a meeting with the president, we arrived at the conclusion that we must support those decisions taken by the club," Mutko said after a high-level discussion on plans for Lokomotiv chaired by Russian President Dmitry Medvedev.

Officials had expressed hopes Lokomotiv could be revived in time to take part in the current season, which began yesterday, by drafting in players from other KHL teams. Those plans appear to have been shelved in favour of more long-term reconstruction plans. THE ASSOCIATED PRESS

NFL

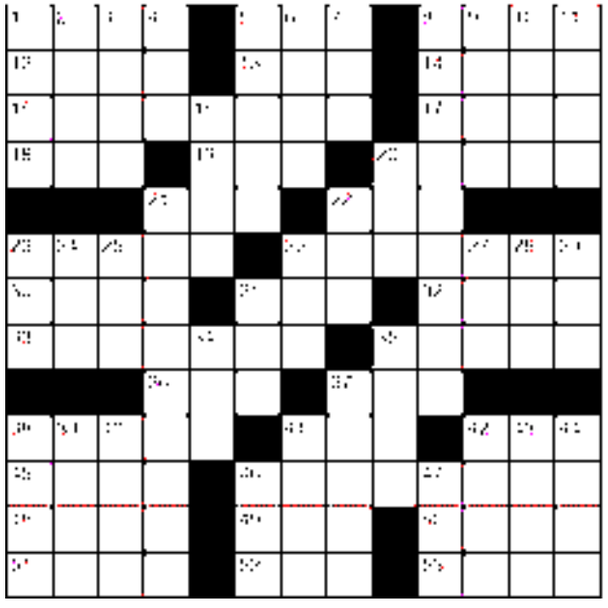
Week 1 takes toll on Rams

The St. Louis Rams could be without running back Steven Jackson for next Monday's game against the New York Giants, while quarterback Sam Bradford is expected to play despite a bruised index finger.

Those weren't the only injuries the Rams suffered in Sunday's 31-13 loss to Philadelphia. Cornerback Ron Bartell is likely out for the season with two breaks in his neck and wide receiver Danny Amendola dislocated his left elbow.

Jackson ran for a 47-yard touchdown on the Rams' first play, and carried once more for nine yards before leaving due to a strained right quadriceps. THE ASSOCIATED PRESS

Crossword



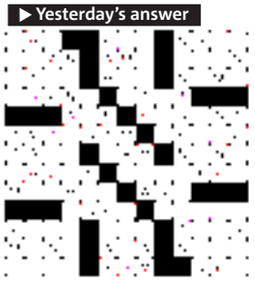
Across

1 Swedish pop quartet
5 Distant
8 Hairless
12 Skelton's Kadiddlehopper
13 Brazilian resort city
14 Met melody
15 Big name in appliances
17 Ponce de —
18 34-Down's mate
19 Ex-GI
20 Entry form
21 Marry
22 Dine
23 Actor Fonda
26 Sanit workers' job
30 Hertz rival
31 Transmit electronically
32 Shakespeare villain
33 Ruin
35 Build a wing
36 Peace (Lat.)
37 Mel of Cooperstown
38 "— Buddies"
41 Pair
42 Insult (Sl.)
45 Opposed
46 Locate precisely
48 Tilt
49 Consumed
50 Walk the floor
51 Shoppers' mecca
52 Neither mate
53 Cabbage salad

Down

1 Rue the run
2 Huff and puff
3 — noire
4 Pump up the vol.
5 Cooked in a skillet
6 "— Misbehavin' "
7 Decay
8 Pen type
9 Vicinity
10 MGM mascot
11 Unpleasantly moist
16 Finished
20 Vagrant
21 Cadets' place
22 Gender
23 Cushion
24 Leading lady?
25 "— the season ..."
26 Shaft of light
27 Moving truck
28 Time of your life?
29 Bagel topper
31 "The Simpsons" network
34 See 18-Across
35 On
37 Title holder
38 Soothing ointment
39 Draftable
40 Celebrity
41 One of the Jackson 5
42 Rotary phone feature
43 Erstwhile Peruvian
44 Ratatouille, e.g.
46 Zero-star review
47 Chances, for short

▶ Yesterday's answer



Sudoku

		7				2		
					9		4	5
4	3		8	1				
							5	2
8	2	4				1	3	6
3	1							
				9	3		6	4
7	5		4					
		6				8		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

8	2	4	3	1	9	6	7	5
3	9	5	6	2	7	1	8	4
1	7	6	4	5	8	3	2	9
9	5	7	1	4	3	2	6	8
2	1	8	5	9	6	4	3	7
4	6	3	8	7	2	9	5	1
6	4	2	7	8	1	5	9	3
7	3	1	9	6	5	8	4	2
5	8	9	2	3	4	7	1	6

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

My Venus
I know millions of people read this daily, and I want the world to know how much "I LOVE YOU". You are everything I've ever wanted, and all the times we've shared and memories we've made, I want to last forever. I'll never hurt you, or treat you bad, but Love you like no one else ever has. This I promise you! A&F
FROM JAYJAY

mikhail,
it was nice spending the weekend together...:) i miss you already see you soon love!
FROM LOVELY LADY

S,
From the minute I met you I was head over heels for you. I think about you day and night. Just wish we had more time together. Love you!
FROM C

A look at the weather

Jenna Khan, Weather Specialist
BT BREAKFAST TELEVISION
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6AM**

TODAY	TOMORROW	THURSDAY
Min 2°	Min 3°	Min 6°
Max 12°	Max 13°	Max 18°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ **Aries** **March 21-April 20** You are very much on the right course, so keep going.

♉ **Taurus** **April 21-May 21** Resist the urge to get involved in quarrels that do not concern you.

♊ **Gemini** **May 22-June 21** If there is something you want to do, something you have been thinking about for months, start it right now.

♋ **Cancer** **June 22-July 22** It's likely you will feel a bit rundown over the next 24 hours.

♌ **Leo** **July 23-Aug.23** Stand back from what you are working on today and remind yourself what the bigger picture looks like.

♍ **Virgo** **Aug. 24- Sept. 22** There is someone in your life who acts like a friend but who secretly resents your success.

♎ **Libra** **Sept. 23-Oct. 23** If you cannot discuss things amicably today you must agree to disagree.

♏ **Scorpio** **Oct. 24-Nov. 22** If you adopt too rigid an approach on the work front you will lose out to someone who is more able to adapt.

♐ **Sagittarius** **Nov. 23-Dec. 21** Be careful what you say over the next 24 hours.

♑ **Capricorn** **Dec. 22-Jan. 20** Don't make accusations that you have no way of proving.

♒ **Aquarius** **Jan. 21-Feb. 18** Be brave and stand up for your rights.

♓ **Pisces** **Feb. 19-March 20.** Don't take on any extra work today. You may think you can cope, you may think you have got energy to spare, but later on you may wish you had been more cautious. Think of your health, both physical and emotional.

SALLY BROMPTON

Caption contest

CHRISTOPHE ENA/THE ASSOCIATED PRESS

DARRYL DYCK/THE CANADIAN PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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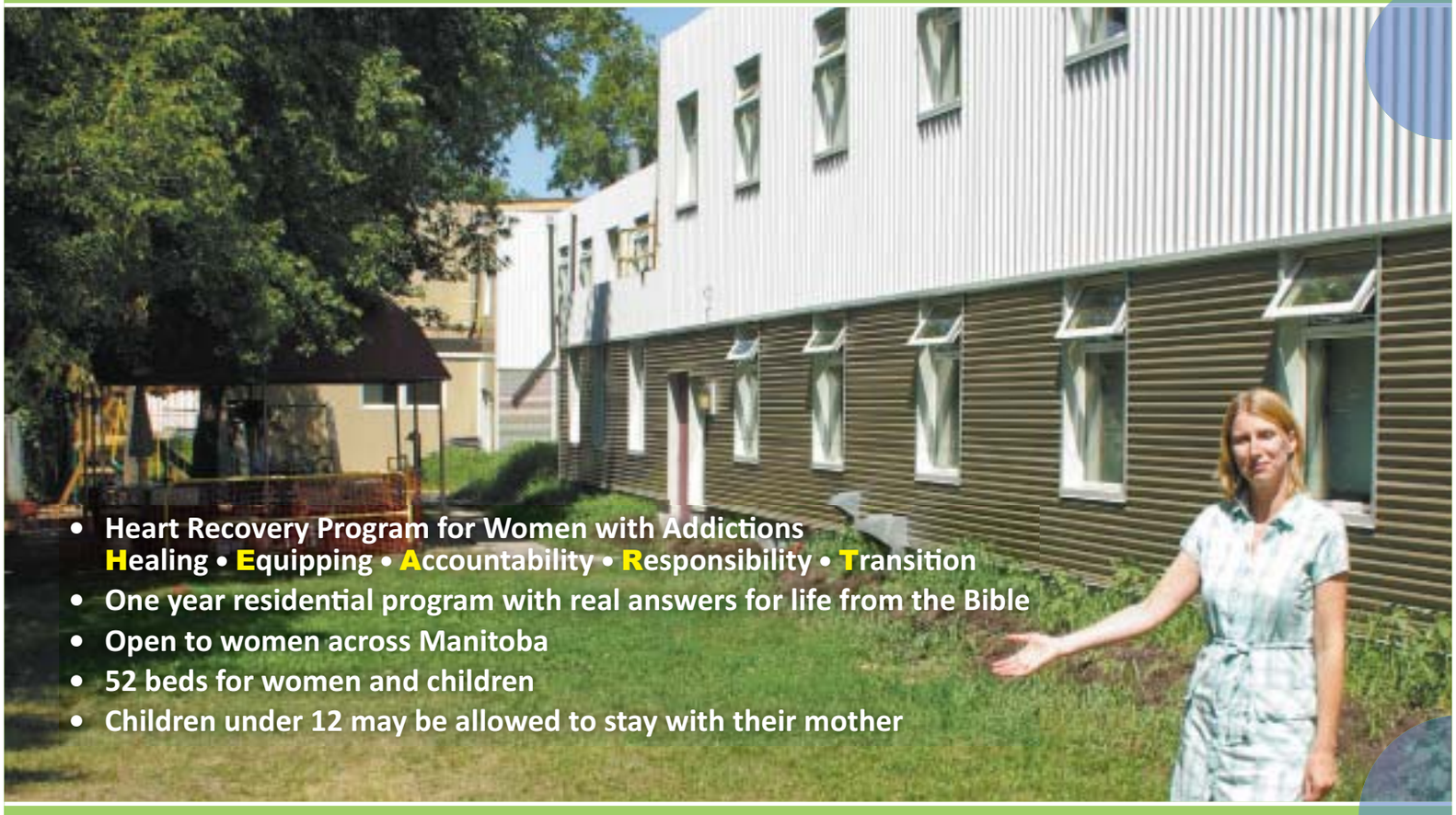
OPEN HOUSE

for all who deal with addictions



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271 Archibald Street

There is also help for men with addictions through the New Life Program on Princess Street with 26 beds for men
Call Mel or Cyril at 943-9904

CALL

Adele or Susan 415-3934